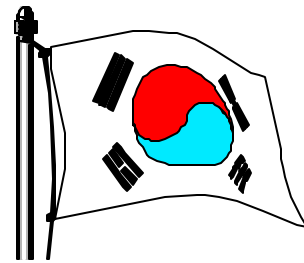
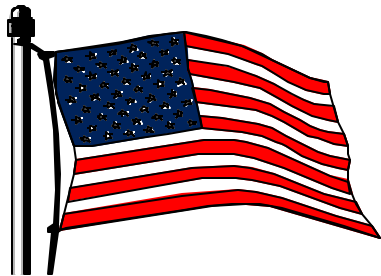


AIR FORCE ELEMENT, YONGSAN, KOREA

"Expect Nothing Less Than Our Best...You Deserve It!"



BLUESUITER'S DIGEST



NEWSLETTER 01-04

1 April 2001

TABLE OF CONTENTS

STAFF LISTING.....3

AFELM SECTION COMMANDER.....4

**ANNUAL & QUARTERLY
RECOGNITION WINNERS.....5-6**

**QUARTERLY RECOGNITION
PROGRAM.....7-9**

AFELM FIRST SERGEANT.....10-11

- Illegal Parkers Beware
- Command Sponsorship
- Bluesuiter's Stay Sharp
- Clothing Allowance and Driver's Safety

ORDERLY ROOM.....12

- Student Dependent Travel
- Leave
- TDY orders

FINANCE.....13-15

- Hello from TSgt Smith
- Buying Airline Tickets
- PCS Out-Processing
- Bank of America Travel Card
- Temporary Lodging Allowance (TLA)
- Sponsors of Incoming Personnel
- Members Procuring Off-Base Housing
- Dislocation Allowance (DLA)
- Army Funded TDY Vouchers
- Hardship Duty Pay-(HDP-L)

- Finance WEB Site
- April 2001 Finance Schedule of Events

PERSONNEL.....16-21

- SGLI Benefit Increase
- TSgt High-Year of Tenure Change
- MILMOD News
- Uniform Modifications
- Interesting Web Sites
- March Arrivals
- April Departures
- SMSgt Selectees
- April Promotees
- April Enlisted and Officer Promotion
- Increments
- Enlisted Quarterly Assignment Listing (EQUAL)

**BLUESUITER'S ASSOCIATION
NEWS.....22-23**

- Hail & Farewell Info

HEALTH & FITNESS NEWS.....24-25



HOURS OF OPERATION.....26

**Reminder: Don't forget
April 15th is Easter Sunday.
Enjoy!**

STAFF

AFELM COMMANDER

Major General Michael M. Dunn725-6031

AFELM SECTION COMMANDER/AIR FORCE ADVISOR

Colonel Thomas C. Lorimer723-6035

DEPUTY, AFELM SECTION COMMANDER

Major Kevin B. Steele.....723-7189

CHIEF, PERSONNEL/AFELM FIRST SERGEANT

MSgt James "Juice" Satterwhite723-8587

CHIEF, FINANCE ACTIVITY

TSgt John G. Smith.....723-6203

SUPERINTENDENT, SATELLITE PERSONNEL ACTIVITY

TSgt Scott F. Good.....723-8389

INPROCESSING/INTRO/CUSTOMER SERVICE/DOS EXTENSIONS & REENLISTMENTS

SSgt Antonio McCloud.....723-8389

PROMOTIONS/EPRs/OPRs/SPECIAL SELECTION BOARDS

SSgt Melinda Ulm.....723-8569

ASSIGNMENTS/DEROS EXTENSIONS/SEPARATIONS & RETIREMENTS

SSgt Karen White.....723-8538

AFELM ORDERLY ROOM MANAGER

SSgt LaChanda M. Crowell.....723-3895/8587

Bldg 2374 Fax Number (unsecure).....723-3386/4099

AFELM E-Mail address:.....afelm@usfk.korea.army.mil

"Golden Legacy, Boundless Future... Your Nation's Air Force"

FROM THE AIR FORCE ELEMENT

SECTION COMMANDER

Stray Brain Voltage (that is to say, there is no cohesive theme to this month's page)...

Going Home: (Now, *there's* an attention getter.) For those of use graduating from Korea with the class of '01, hopefully you've been in contact with your replacement. On-post family housing will be in short supply again this summer, so make sure that the rules of bringing a family (i.e., concurrent travel) are understood for those who are coming to a key or command sponsored billet. It's also important to create a correct set of expectations—the newcomers may not get housing right away and could possibly be placed downtown for 6-8 months.

Going Home With Spot and Fluffy: Once again, we anticipate restrictions on pet travel during the hot summer months. Plan ahead and please don't abandon your animal.

Past is Prologue: If last year was any indication, there will be top-down directed numerous spring clean-up events again this year. These activities will probably include "details," but as we all live and work on Yongsan and we enjoy/consume the quality of life, be prepared to "saddle up." Individual initiative works, too...if you see a piece of litter, beer bottle, etc., just pick it up!

Leave: Neither I nor Major General Dunn subscribe to the theory that not taking your leave or taking leave but going to the office anyway earns you some sort of Red Badge of Courage. "Leave martyrs" don't perform better or get further ahead of their peers, they just get burned out. Congress intends for you to use your leave and the Air Force considers leave an important benefit, so don't lose it, use it! And, you're in the part of the world where you can visit some unique cultures after only a short flight. BTW: Currently there are no travel advisories for China (and, having recently been there, I can tell you that it was fascinating) but given the current situation, check with the State Department's web sight and the Foreign Clearance Guide before booking and departing...the URL is <http://www.fcg.pentagon.mil/>

The New Airport: The new airport is clean, modern, attractive, and practically in Mongolia. The AAFES cab fare is about \$50 each way. There are buses that depart several times daily from the Moyer and the Dragon, but be advised that those are supposed to be for official travel—PCS and TDY. Keep this in mind when executing your leave—you may find yourself in a situation where you are bumped from the bus by the official travelers or by virtue of the fact that there are simply too many people for the bus to accommodate. So, you miss your flight, and things go downhill from there. Plan ahead.

Thomas C. Lorimer, Colonel, USAF

Travelogue: The City of Suwon has the most well preserved fortresses in Korea. Designated by the UN as a World Cultural Site, the 5+ km wall has a variety of different fortifications, pavilions, and gates—it's well worth the day trip. You can get to Suwon on the subway (Blue Line to Kumjong, then Korean National Rail all the way to the end). At Suwon, it takes a little intuition to get to the castle: walk straight across the traffic circle and continue on the thoroughfare for about 8 blocks, looking to your left at intersections. When you see one of the city gates at an intersection, head for it, you're there.

AIR FORCE ELEMENT ANNUAL AWARD WINNERS

Outstanding Achievement

1 January- 31 December 2000



Airman of the Year- SrA Karen White (AFELM-Personnel)

NCO of the Year – TSgt Bridget Stafford (SCJS)

Senior NCO of the Year – MSgt John Palomo (SCJS)

CONGRATULATIONS!!!

Continue to forge the boundless future of your nation's Air Force!



AIR FORCE ELEMENT

QUARTERLY AWARD WINNERS

Outstanding Achievement

1 October- 31 December 2000



Amn of the Quarter- SrA Karen White (AFELM-Personnel)

NCO of the Quarter- TSgt Teresa Stafford (J3)

Senior NCO of the Quarter- MSgt John Palomo (SCJS)

CONGRATULATIONS!!!

Continue to forge the boundless future of your nation's Air Force!



AIR FORCE ELEMENT QUARTERLY RECOGNITION PROGRAM

for Outstanding Achievement

1 January - 31 March 2001



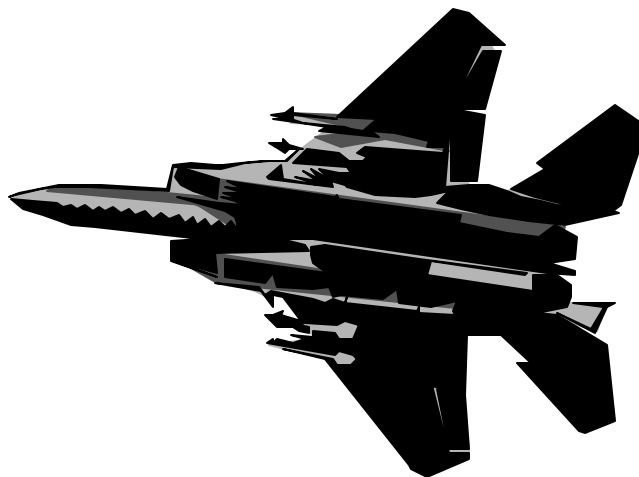
Categories:

Airman of the Quarter (AB thru SrA)

NCO of the Quarter (SSgt and TSgt)

Senior NCO of the Quarter (MSgt thru CMSgt)

Deadline for Nominations is 4 May 2001



Purpose: Establish the enlisted quarterly recognition program for outstanding personnel assigned/attached to the AF Element, Yongsan AIN, Republic of Korea. The program's objectives are: recognize and reward personnel for outstanding accomplishments; provide personnel with greater incentive for individual achievements; stimulate initiative, improve morale, and enhance esprit de corps.

Eligibility: Active Air Force enlisted personnel assigned to any AFELM billet.

Period of Recognition: 1 January - 31 March 2001. Nomination must be based on achievements/accomplishments occurring during period 1 Jan - 31 Mar 01.

Deadline: Nomination packages must be received by the **AFELM First Sergeant by 1700 hours, 4 May 01, Bldg 2374. NO EXCEPTIONS.**

Nominations: Nominations will be submitted on an AF Form 1206, Jul 00 version (use Form Flow or bring a formatted diskette to the AFELM Orderly Room to obtain a copy). Nominations must be in bullet format and limited to one page using 10 or 12 pitch type. Use the headings as per the attached example. **All Category of Consideration titles must be listed on the AF Form 1206, capitalized and in bold print.** If no information is provided for a Category of Consideration, follow the title with N/A.

Categories of Consideration:	Point Value:
Performance in Primary Duty	0 - 20
Leadership Qualities	0 - 15
Significant Self-Improvement	0 - 10
Air Force or Other Awards	0 - 5

Scoring scale (from lowest to highest rating): 0, 0.5, 1.0, 1.5, 2.0, etc.

If no information is provided for a category the nominee will receive a point value of zero (0).

NOMINATION FOR AWARD		
AWARD Quarterly or Annual Enlisted Recognition	CATEGORY (If Applicable) SNCO, NCO or AMN	AWARD PERIOD Quarterly or Annual
RANK/NAME OF NOMINEE (First, Middle Initial, Last) TSgt Shirt, Johnny	SSN 000-00-0000	MAJCOM, FOA, OR DRU AFELM/USFK
DAFSC/DUTY TITLE 3S051/NCOIC, Personnel Programs	NOMINEE'S TELEPHONE (DSN & Commercial) DSN723-0000	
UNIT/OFFICE SYMBOL/STREET ADDRESS/BASE/STATE/ZIP CODE HQ USFK/J1,J2,J3,J4,J5,J6 or HQ CFC/C1,C2,C3C4,C5,C6,HQ UNC/UNCMAC, etc (whichever is applicable)		
RANK/NAME OF UNIT COMMANDER (First, Middle Initial, Last)/COMMANDER'S TELEPHONE (DSN & Commercial) (The Senior Ranking Air Force Officer in the members assigned Unit)		
SPECIFIC ACCOMPLISHMENTS (Use single-spaced, bullet format) PERFORMANCE IN PRIMARY DUTY: (The member's job performance in primary duty, including the development of new techniques--must contribute significantly to increase mission effectiveness) LEADERSHIP QUALITIES (MISSION, SOCIAL, CULTURAL, RELIGIOUS, ETC): (The member's leadership ability. The member must contribute tangibly or intangibly to the military or civilian community's welfare, morale, or status.) SIGNIFICANT SELF-IMPROVEMENT: (The member must show improvement through any kind off-duty education, achievements in professional or cultural societies or associations, development of creative abilities and so on) AIR FORCE OR CIVILIAN AWARDS, PRIZES, TITLES, ETC: (List award name, date awarded and brief description/reason.) NOTE: Nominations for award category are either SNCO, NCO or Airman. No street address or commercial phone number is required. The senior ranking Air Force Officer in the member's assigned unit signs in the Unit Commander Block. Categories of Consideration must be "CAPITALIZED" and in bold print . If no information is provided, list the Category of Consideration title followed by N/A. USE 10 or 12 pitch type. If you need additional space please utilize the Continuation Sheet on page 2 of the AF FM 1206 Submit the AF FM 1206 in an original and three copies.		

*FROM THE
FIRST SERGEANT*

*MSgt James "Juice" Satterwhite
Jr.
723-8587*

ILLEGAL PARKERS BEWARE!!

Illegal parking significantly contributes to congestion and impedes the traffic flow here on Yongsan Army Garrison. Aggressive parking enforcement is currently being pursued by the Provost Marshall's Office through the use of DD Forms 1408, Armed Forces Traffic Ticket.

All personnel who have registered a vehicle are responsible for proper use of the vehicle, including parking.

Accordingly, any individual whose registered vehicle has accumulated more than two DD Form 1408 for parking violations during a 60-day period may have his/her driving privileges suspended for a period of up to six months at the discretion of the installation commander.

I fully understand that there is very limited parking for all of the registered vehicles, however please exercise caution and don't illegally park. If it means you have to park a little farther than normal, do it so you don't jeopardize your driving privileges. Thank-you.

**COMMAND SPONSORSHIP
REMINDER**

As the summer rotation cycle gets closer the issue of housing availability becomes a critical issue for the Command; all accompanied

inbounds and sponsors. Please take a moment and read the information as it pertains to processing requests for Command Sponsorship. The important information is as follows: All projected inbounds with accompanying family members require approval of command sponsorship and housing **PRIOR** to arrival to Korea. Concurrent travel to Yongsan is **NOT**, repeat, is **NOT** automatic. Please inform the individual(s) you are sponsoring to request command sponsorship through their losing MPF, Outbound Assignments. A request for Command Sponsorship must be made to the Air Force Element for processing through various Yongsan agencies for approval or disapproval. The members losing MPF must send a message, CRT-GRAM or E-mail to the following addresses:
(Message address: COMUSKOREA SEOUL KOREA//FKJ1-AFELM; CRT-ID: 0R3OPSM; Email:GOODS@USFK.KOREA.ARMY.MIL (ALL LOWER CASE). Your assistance in this matter will most certainly make the newcomers transition much smoother. Please direct any questions/concerns regarding the status of a housing/command sponsorship request to TSgt Good, 723-8389.

BLUESUITERS STAY SHARP!

Keep the Yongsan bluesuiter's image here in Korea in intact—better yet, strive to enhance it. Be not only responsible for your own behavior, but keep your fellow bluesuiter's out of harms' way as well.

Be involved! There is plenty for you to do on your off-duty time. Don't let a short tour be an excuse for not taking college courses you've been putting off or seeing and learning more about Korea. Volunteer some of your time to help out at church/charity or help out with some of the AFELM sponsored events during the year. Continue to seek ways to improve our "jointness." The AFELM and Yongsan bluesuiter's have a tremendous reputation for

leaning forward to integrate air power into a combat ready, and highly lethal multi-national armed force. No matter what your job is, no matter how long your tour is, you are an important cog in the wheel and your efforts can make a difference in keeping of peace. Continue to maintain the high standard of dress and appearance and physical fitness you voluntarily accepted as your responsibility. It is particularly important in the joint environment that we bluesuiter's set the standard—one bad apple gives us reason to tarnish the image of all in the eyes of our sister services and Korean allies.

If you have personal issues that need to be resolved remember to utilize your local Chain of Command...supervisors, First-Sgt and the Commander. Hang in there and continue to be the best in all you do. Thanks!

CLOTHING ALLOWANCE HELPS ENLISTED PERSONNEL

Clothing allowance helps all enlisted service members to replace worn-out uniform items and purchase new items. Due to a 50-year old law, officers were not entitled to receive a clothing allowance.

The annual enlisted allowance is based on the number of items a service member is required to have and actual uniform prices. The allowance varies by gender and service. It ranges from a low of \$206.57 for male Air Force airmen with less than three years service to 470.40 for female Marines with more than three years service.

Officers were granted some relief in the 1981 Defense Officer Personnel Management Act, which authorized "the payment" of an initial uniform allowance in the maximum amount of \$200."

The Reserve components handle the matter of uniforms differently. According to a DOD personnel official, the services replace enlisted reserve component members worn-out uniform items in kind, not with cash.

Reserve component officers receive the initial \$200 allowance and up to an additional \$100 each time they serve on active duty for more than 90 days. To qualify for the extra money, they must be entering active duty within two-years of completing a previous 90-day stint on active duty, and they must not have received their initial \$200 allowance within two-years

DRIVER SAFETY (Traffic Signals)

Red Signal - All vehicles must come to a complete stop before reaching the stop line, pedestrian crosswalk, or intersection. A right turn may be made provided it will not interfere with a pedestrian or a right-of-way-vehicle.

Yellow Signal - The driver must come to a complete stop before reaching the stop line, pedestrian crosswalk, or intersection, you must proceed as quickly as possible when safe.

Green signal - The driver may signal either go straight ahead or turn right. No left turn may be made unless otherwise directed.

Green arrow signal - The driver may go in the direction of the green indicator.

Red X Light - Vehicles may not proceed in the lane shown with the red X signal.

Green Downward Arrow - Vehicles may proceed in the lane shown with green arrow.

COMMANDER'S SUPPORT STAFF

(ORDERLY ROOM)

BIZ

SSgt LaChanda M. Crowell, 723-3895

CHANGE OF REPORTING OFFICIAL

One of the most common (and avoidable) reasons for late EPR/OPRs is when a change of reporting official occurs without being reported to the unit/directorate orderly room in a timely manner. In this instance, the system is as good as the information provided.

If you've had a reporting official change and are not certain whether it has been updated, or you are projected to have a change, stop by the Orderly Room to verify your reporting official information or send us a memo with the new rater's grade, name, SSAN (if Air Force) and the effective date of change.

SPONSOR PACKAGES

The Orderly Room has sponsor packages available for all incoming personnel, both command sponsored or unaccompanied. However, being selected and sending the package is not enough. Taking the time to write a sponsor letter lets a newcomer know that there is a friendly person awaiting them at their new base. It also gives you the opportunity to tell a little bit about yourself, the unit, the base, the mission and your experiences when you first arrived in Korea. Extending that hand of welcome provides a sense of partnership for the newcomer.

AF PUBLISHING WEB SITE

The Air Force Publishing WEB Site address is as follows: www.afpubs.hq.af.mil. This site has the capability to download the latest Air Force Pubs and

Forms. The information databases are updated every Monday and have hypertext links to the DoD web site containing DoD publications and forms.

MONTHLY COMMISSARY SPENDING LIMIT

The monthly spending limits for Status of Forces Agreement (SOFA)-authorized patrons of Commissaries in Korea is as follows:

Family Size	Limit
1	\$450.00
2	\$700.00
3	\$900.00
4	\$1050.00
5	\$1250.00
6+	\$1450.00

As an authorized exception to this policy, newly arrived commissary patrons can spend up to 50 percent above the new limits during one of their first three months, in order to set up their household. Refer to U.S. Forces Korea Regulation 60-1 for complete details on the rations control policy.

LOCAL HOTLINES

AFOSI Det 614: 738-4180

USFK Action Line: 725-8735

NON-DUTY: 724-8179 (Duty Agent)

Black Market: 724-7745

Crime Stoppers: 724-8177 or 724-8179

Environmental: 725-3845

Equal Opportunity/Sexual Harassment:
738-3336

Found Property: 724-3134

Fraud, Waste and Abuse: 738-7867

Spouse/Child Abuse:

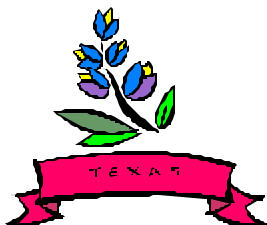
On Post: 737-4104 Off Post: 7917-4104



*FROM THE
CHIEF OF FINANCE*

TSgt John G. Smith
Smithjg@usfk.korea.army.mil

Hello From TSgt John Smith



Well, TSgt Kathy Smith is gone. She has left us here at Yongsan to be with her family at Sheppard AFB. In the week I have been here I have spoke with several people who did not hesitate to tell me just how good a job Kathy did for all of you.

Of course as I'm sure you've already heard she was replaced by me – TSgt John Smith. I come to you from the Air Intelligence Agency (now ACC) located at Kelly AFB, TX. I have a very broad background in the Finance career field. I will hopefully be able to answer any question you may have concerning all areas of Finance. I will continue to provide the level of service you have come to expect from Kathy.

I also plan on expanding and enhancing the services that we provide here at AFELM Finance. I want to do what I can to expedite your Air Force TDY vouchers, PCS vouchers, advance housing allowance – all those things that each of you should receive in a more timely manner.

Of course these changes won't come easy. A good part of the service we provide relies heavily on the Osan AB Finance office. I have taken some initial steps with Osan Finance and they

seem pretty receptive to changes I have proposed.

For more information on changes in the services provided by AFELM Finance – keep reading your Bluesuiter.



Travelers Stung Buying Airline Tickets

Do not personally purchase tickets for official travel from anyone other than the authorized official travel office on an installation.

If you personally purchase airline tickets for official transportation, you can expect NOT to be reimbursed. With very rare exceptions, members who do not obtain tickets through official channels are being denied any reimbursement for airfare, even if they found cheaper rates, were misled about the ticket buying process, or never got briefed on the requirement.

Not very long ago, military travelers who purchased their own tickets could still be reimbursed, up to the price the government would have paid but this is no longer the case. Results from recent appeals of travel claims show the government's hard-nosed approach. In every case, a member who bought their own airline ticket for official business (including COT leave) saw the parent service deny reimbursement and the Defense Office of Hearings and Appeals (DOHA) uphold that decision.

**The authorized official travel
office (CTO) at Yongsan is
25th Transportation.**

PCS Out-Processing



Please stop by Finance for an out-processing briefing no later than 15 days before your AFELM final out-processing appointment. Three copies of orders, your government travel card, and a firm port call are required.

Bank of America Government Travel Cards



Calling Bank of America Toll Free from Overseas -- Government cardholders can call BOA toll free from overseas areas. Enter the AT&T Direct Access Number for the country you are in. In Korea it is 550-4663 from a DSN line. An English-language voice prompt or an AT&T Operator will ask you for the toll free number you are calling. Please provide the operator with 800-472-1424. There is no need to dial "1" before the toll-free number.

Temporary Lodging Allowance (TLA)

Temporary Lodging Allowance is calculated by adding the cost of lodging to an allowance for meals and incidentals. Two copies each of the TLA authorization letter, the paid bill, and PCS orders are required to process TLA payments. These payments will be included in the next available paycheck. Keep in mind that TLA is a Housing Office program. Finance pays the number of days authorized by the Housing Office

Attention Sponsors of Incoming Personnel



Please ensure that you are fulfilling your responsibilities as a sponsor to the incoming member. This is especially important as it pertains to accommodations at the time of arrival. A member who stays in the Dragon Hill Lodge or other off base lodging without the prior authorization from the housing office will not be entitled to reimbursement for the expenses incurred.

It is equally as important that the sponsor schedule a Finance in-processing appointment (723-6203). All newcomers are required to inprocess Finance within 5 days of arrival. All overseas entitlements are started from the paperwork completed during in-processing. I'm sure most of you know this can have a big impact on your paycheck.

Members Procuring Off Post Housing

Incoming members should contact the AFELM Finance to receive an Overseas Housing Allowance (OHA) entitlement briefing prior to moving off-post.

Dislocation Allowance (DLA)

The purpose of DLA is to partially reimburse a member for expenses incurred when relocating their household. With-Dependent rate is paid when dependents are relocated in conjunction with a funded move. Single rate is paid only if authorized to live on the economy and government quarters are not occupied for more than 60 days.



Army Funded TDY Settlement Vouchers

Army regulation requires all Army funded TDY vouchers to be submitted with original and four copies of each of the following documents:

- DD Form 1351-2, Travel Voucher
- All receipts
- Transportation requests
- TDY orders
- Any additional required documents

Additionally, your supervisor must sign, and date the travel voucher in the top right margin indicating the voucher and documents have been reviewed prior to submitting them for payment. This is a requirement of Army Finance and vouchers lacking the reviewer's signature will be returned. Bring the complete voucher and documents to the AFELM finance office where a printout of your bank information is added. AFELM routes the vouchers to the Army finance.

File your travel vouchers within 5 days of your return.

Hardship Duty Pav - Location (HDP-L)



HDP-L has been approved for Korea. There are two rates in effect \$50.00 and \$150.00. Generally, members assigned to Area I are

authorized the \$150.00 rate. All other locations in Korea are authorized \$50.00 per month. HDP is payable to officers and enlisted. Leave out of the area for more than 30 days will stop HDP. HDP is taxable income.

Finance WEB sites

To get the current BAH rates for CONUS areas, BAS, OHA, and CONUS, Overseas Per Diem see the following web site:

<http://www.dtic.mil/perdiem>
<http://www.dfas.mil>

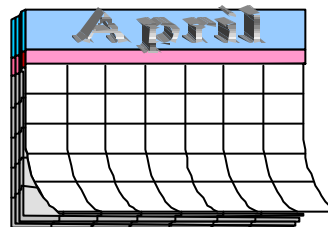
2001 Military Pay Chart:

http://www.dfas.mil/money/milpay/pay/draft_2001.pdf

Government Travel Card Holder Web site:

<http://www.amcfm.scott.af.mil/toolkit/>

April 2001 Finance Schedule of Events



- 3 April, Mid-Month cutoff for processing all documents
- 13 April Pick-Up mid-month pay statements-based on arrival at Osan
- 19 April, End-of-Month cutoff for processing all documents
- 27 April, Pick-Up end-of-month pay statements-based on arrival at Osan

PERSONNEL SECTION

TSgt Scott F. Good, 723-8389
GoodS@usfk.korea.army.mil

SGLI benefit increases to \$250K

WASHINGTON (AFPN) -- The automatic maximum coverage for the Servicemembers' Group Life Insurance increases from \$200,000 to \$250,000 April 1, 2001.

This coverage increase is a result of the Veterans Benefits and Health Care Improvement Act of 2000. The total cost for maximum coverage will be \$20 per month.

According to pay and compensation officials, every Air Force member's SGLI coverage will automatically increase April 1. While final implementation instructions are still pending, officials anticipate each member will have April to elect a lower coverage amount without being charged for the automatic maximum coverage exceeding the member's current elected coverage.

Each member may still either decline coverage or elect a reduced level of insurance in multiples of \$10,000, officials said. The cost of coverage also remains 80 cents per \$10,000 of coverage.

If people elect to change their coverage after April, they will pay for the maximum coverage for the month of April as well as for any other month in which the level of coverage remains in effect.

Existing beneficiaries remain in effect until a member updates their coverage.

(NOTE: Contact the AFELM Customer Service at 723-8389 for more information.)

E-6 high year of tenure changes to 22 years

WASHINGTON (AFPN) -- Air Force personnel officials recently announced the decision to change technical sergeant high year

of tenure from 20 to 22 years of service effective July 1, 2001.

Enlisted tenures are governed by the Total Objective Plan for Career Airmen Personnel and were last revised in 1991. At that time, technical sergeant length of service was reduced from 23 to 20 years -- the same as staff sergeants. The impending force drawdown was a major factor in deciding to keep both E-5 and E-6 HYT maximums at 20 years. By doing this, involuntary separation programs were, for the most part, avoided, said Senior Master Sgt. Larry Welch, superintendent of force structure plans at the air staff.

With force drawdowns done, and having returned to an era with more stable end-strength, a review of enlisted HYT rates was accomplished in 2000. The review indicated that, while overall HYT rates were on target, some fine-tuning was in order for technical sergeants, Welch said.

"There were several compelling arguments for increasing tech sergeant HYT to 22 years," he said. "First, it's an opportunity to reward tech sergeants for career advancement and let them stay in the service longer. Second, it establishes a natural HYT bridge between staff sergeant HYT of 20 years and master sergeant HYT of 24 years service.

"Finally, input from the field indicates our enlisted members support the change," Welch said.

"This is the right thing to do," said Chief Master Sgt. of the Air Force Jim Finch. "The change will help us retain our experienced NCOs longer, which will affect mission accomplishment, and the Air Force will be a better place for that."

Although this change is effective July 1, all tech sergeants, regardless of Air Force specialty code, are now eligible to apply for the fiscal 2001 Temporary HYT Extension Program. This will allow tech sergeants with HYT dates before July 1 to apply for a HYT extension to the 22 years of service point, according to Welch.

MilMod replaces current personnel system

RANDOLPH AIR FORCE BASE, Texas (AFPN) - In less than two months, military personnelists throughout the Air Force, Air National Guard and Reserve will begin using state-of-the-art technology to process "total force" personnel information.

The Air Force Military Personnel Data System Modernization program, or MilMod, will be turned on May 1, replacing the 1970s technology currently being used with a relational database using the Oracle Human Resources software. It has been more than 20 years since the last major update.

"We've been working hard for nearly five years building this modernized system to take Air Force personnel processing into the next century," said Lt. Col. Ed Oliver, MilMod program manager at the Air Force Personnel Center here. "Our folks have been working seriously long hours to get this new system up and running by the May 1 deadline. We're now in the final stretch and are building the world's largest, and we think the best, human resource system."

This new system will support all "life cycle" personnel management functions from recruiting through job assignment and ultimately separation or retirement. It will provide real-time updating and reporting capabilities that are not available in today's Personnel Data System, Oliver said.

"Current automation technology is being leveraged to improve support at all levels and is the foundation for building a robust integrated personnel system for the total force," he said.

The new system has several inherent improvements over the current system. The most apparent improvement is the graphical-user interface, which will give personnel technicians online, real-time access to personnel information.

"We've also standardized the support we're providing to the total force," Oliver said. "This will improve system support to the Air National

Guard and Air Force Reserve personnel processes."

But, as with any new system, there will be a transition period where the normal personnel functions that people use will be unavailable, officials said. There will be a nine-day period prior to the implementation date where no personnel transactions will be accepted into the systems being replaced. All active-duty, Guard and Reserve members are urged to complete any personnel actions before April 21 to ensure the transactions are processed prior to the transition, or people can wait until MilMod comes online May 1.

Uniform modifications, tests closer to completion

by Staff Sgt. Cynthia Miller

Air Force Print News

WASHINGTON -- From flight suits to mini badges, people at the Air Force Clothing Division and Institute of Heraldry are bringing initiatives approved by the 95th uniform board closer to being stocked on military clothing sales store shelves.

The Air Force is midway through the yearlong testing of two modified flight suits specifically designed for women, said Master Sgt. Ruth Nischwitz, superintendent of the Air Force uniform board office. The suits, which feature either a standard length or an extended length zipper, are being studied for two reasons.

The first addresses female aircrew concerns about the fit of the men's suits causing discomfort and, on some, an unprofessional appearance, Nischwitz said. The extended zipper suit, developed by the Navy, is also being tested for suitability of use with bladder-relief devices. Both suits are made in female proportions.

The wear test of these flight suits will be finished in July, with recommendations on whether to adopt one or both suits due in October, she said. Once the uniform is approved by the chief of staff, production will begin and wearers should see the flight suits stocked by the end of 2002.

Other items being worked by the Air Force Clothing Division include:

-- Initial fit tests for an athletic-cut service dress uniform have been completed. Test data is being compiled, and wear testing is scheduled to begin in the third quarter of fiscal 2001.

-- Initial fit testing for resizing the women's tuck-in shirt: was conducted at Wright-Patterson Air Force Base, Ohio. Wear testing should begin in the fourth quarter of fiscal 2001.

-- The Air Force clothing division is researching uniform fabric options for the service dress uniform, including the current polyester fabric, for wear by Air Force members who have sensitivities to the wool in current uniforms.

The Institute of Heraldry is working with civilian contractors to get the new mid-sized functional badges on the shelves. These badges will replace the mini badge that the Air Force Uniform Board determined was too small and difficult to see.

Each of the 67 Air Force specialty codes requires three skill-level badges (basic, master and senior) for a total of 201 badges, Nischwitz said.

As contractors complete each set, they are made available to Army and Air Force Exchange Service Military Clothing Sales Stores for order; people should check with their local store for availability, said Nischwitz.

"We have a projected completion date for the entire collection of not later than December 2001," Nischwitz said. "Based on that, phase out of the mini badges is anticipated to be in the spring of 2002."

The anticipated changes to the Air Force uniform reflect a comprehensive and detailed process -- spanning inputs from designers, pattern makers, and research and development phases through the fit and wear test, she said.

"Basically, it's like having clothes tailor made -- except these clothes have to fit almost 400,000 people, and be durable enough to withstand the frequent wear and tear we put our uniforms through," Nischwitz said.

There are several steps taken before any uniform item is placed on a clothing sales store shelf, Nischwitz said.

"First, we determine the basic need for the uniform item, then how best to develop a product to meet that need," she said. "Next, we canvas the field for sizing criteria by conducting fit tests, such as with the athletic-cut uniform program which involved several people from the Pentagon and surrounding bases. This gives us the data we need to get garments manufactured for the next phase -- the wear test."

The fit- and wear-test phases are accomplished by selecting locations, advertising the number and type people needed to participate in the test, and sending a team of experts to that location to measure each individual, Nischwitz said. Opportunities to participate in fit- and wear-test phases are publicized in base bulletins and newspapers.

The team returns later with garments for these individuals to wear test for periods from three months to a year, she said. If, during the wear-test phase, a problem or a better way of making the item is identified, the team goes back to the drawing board.

"We do this as many times as necessary to determine the best possible fabric, fit and design to satisfy our original concern -- the need for this uniform," Nischwitz said.

March 2001 Arrivals

<u>Rank/Name</u>	<u>Unit</u>	<u>Losing Base</u>
MSgt Loury, Mark	607 WS	Patrick AFB FL
TSgt Spiczka, April	607 WS	McConnell AFB KS
TSgt Smith, John	AFELM Finance	Kelly AFB TX
SSgt Spiczka, Brady	607 WS	McConnell AFB KS
SSgt James, Arthur	607 WS	Eglin AFB FL
SSgt Story, Jeremiah	607 WS	Pope AFB NC
SSgt Burnett, Sharon	607 WS	Scott AFB IL
A1C Carpenter, Bradford	607 WS Det 1	McChord AFB WA

April 2001 Departures

<u>Rank/Name</u>	<u>Unit</u>	<u>Gaining Base</u>
Maj Davila-Martinez, Kellie	AFELM J4	Incirlik ABS Turkey
1LT Motes, Thomas	AFELM J6	Ramstein ABS Germany
SSgt Alden, Heather	607 WS	Andrews AFB MD
SSgt Cross, Jeromy	OSD	FT Dix AIN NJ
SSgt Freeman, Jeffrey	AFELM J6	Ramstein ABS Germany
SrA Greider, Krista	607 WS	Vanenberg AFB CA

Promotion News

Congratulations to the [SMSgt Promotees!](#)

Ralph T. Barrett - 607 WS

John B. Palomo - SCJS

Congratulations to the April 2001 Promotee!



To MSgt

Patrick F. Barcelona - 607 WS

Enlisted Promotions Information

Officer Promotions

Information

<http://www.afpc.randolph.af.mil/eprom/>

<http://www.afpc.randolph.af.mil/offprom/>

April 2001 [Enlisted Promotion Increments](#)

Promoted To:	Line Numbers
CMSgt	0106 - 0140
SMSgt	0001 - 0131
MSgt	5034 - 5654
TSgt	7524 - 8487
SSgt	11811 - 13381

Enlisted Test Cycles for 2001

Cycle	Grade Testing to	Testing Window
01E6	TSgt	1 Feb - 15 Mar 01
01E7	MSgt	1 Feb - 15 Mar 01
01E5	SSgt	1 Apr - 30 Apr 01
02E9	CMSgt	4 Sep - 7 Sep 01
02E8	SMSgt	1 Nov - 10 Nov 01

April 2001 [Officer Promotion Increments](#)

Colonel Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY99A	44	464	0*
CHAP, CY00A	**	**	**
JAG, CY99A	1	17	5
NC, CY99A	1	14	7
MSC, CY99B	1	17	2
BSC, CY00A	2	4	14

*Line Exhausted

**No Increment for April

Lt Colonel Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY99B	114	1158	110
CHAP, CY99A	1	19	2
JAG, CY99B	3	24	16
NC, CY99B	6	56	0*
MSC, CY99B	2	28	0*
BSC, CY99B	5	30	25

*Line Exhausted

Major Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY00B	166	166	1491
CHAP, CY00A	1	14	0*
JAG, CY00A	4	47	0*
NC, CY99A	13	52	108
MSC, CY00A	4	14	28
BSC, CY00A	10	100	10

* List Exhausted

Related Information

Determining Promotion Sequence Line Numbers <http://www.afpc.randolph.af.mil/offprom/lines.htm>

How/When are Officers Promoted - <http://www.afpc.randolph.af.mil/offprom/how.html>

ADSC for Promotion - <http://www.afpc.randolph.af.mil/offprom/adsc.html>

Conducting Promotion Ceremonies - <http://www.afpc.randolph.af.mil/offprom/pinon.html>

DFAS: Military Pay - <http://www.dfas.mil/money/milpay/>

Enlisted Quarterly Assignments Listing (EQUAL)

EQUAL is the assignment listing which advertises most of our enlisted assignments which are sending people overseas and providing CONUS assignments for overseas returnees. These assignments are advertised and matched eight times a year (four cycles each for those going to and from the overseas area). The listing tells you what is available by AFSC, grade, and location. It allows you to align your preferences to actual Air Force needs. EQUAL listings may be viewed at your MPF, with your Commander's Support Staff, or on AFPC's World WideWeb.

For overseas assignments, members must meet established quality control criteria for reassignment (not under Article 15 punishment, not on the Control Roster, not in Drug/Alcohol rehabilitation, no rating of 2 or lower on latest EPR, etc.). You also need to be eligible to obtain the required retainability for the assignment you are volunteering for. For example, you are a married TSgt nearing your high year of tenure and are only able to get 36 months of retainability (you only have 36 months after the RNLTD of the advertised requirement, before you retire) and you see a requirement for Yokota AB on EQUAL for your AFSC and grade. You know that if you volunteer as an extended tour volunteer you have a higher priority than a standard tour volunteer. But guess what? You can't be an extended tour volunteer because you can't obtain the required 48 months of retainability and the computer would not select you. So to be properly considered for this Yokota requirement, you would need to volunteer for the standard tour length of 36 months.

Overseas members with an indefinite DEROS are eligible for a consecutive overseas tour (COT) anytime after completing their original tour. Individuals with an established DEROS can also be considered for a COT but can only volunteer for advertised requirements with a reporting date (RNLTD) equal to your DEROS month or the following two months. For example, if your DEROS is Jan, you are eligible to compete for assignments with Jan, Feb, or Mar reporting. You must meet the eligibility requirements as outlined in AFI 36-2110.

If you are not selected for a COT assignment or didn't volunteer because you want to return to the CONUS, you will compete for a CONUS assignment during your overseas return cycle. You must have 12 months retainability after DEROS to be considered for a return assignment. You only need 7-12 months if you're on a short tour where the accompanied tour is not authorized, and high year of tenure restricted from getting the full 12 months. If you do not have or obtain the required retainability by the required date, your DEROS will be involuntarily extended to match your DOS. For answers to questions or other specific information on retainability issues, contact your local MPF or Commander's Support Staff.

Military personnel married to military personnel **DO NOT** use the overseas returnee EQUAL list. AF couples **DO** use the overseas EQUAL listing to apply for overseas assignments, including COTs.

Enlisted Overseas EQUAL

Overseas assignments that volunteers from stateside and overseas locations will be considered for.

RNLTD	Avail to Customer	Pref Due	Assignment Flow/Public Release Date
JUL/AUG/SEP	7 Nov 00	17 Nov 00	4 Dec 00
OCT/NOV/DEC	6 Feb 01	16 Feb 01	5 Mar 01
JAN/FEB/MAR	8 May 01	18 May 01	4 Jun 01
APR/MAY/JUN	7 Aug 01	17 Aug 01	3 Sep 01

Enlisted Overseas Returnee EQUAL

Stateside assignments only for people returning from overseas.

DEROS	Avail to Customer	Pref Due	Assignment Flow/Public Release
MAY/JUN/JUL	23 JAN 01	2 FEB 01	19 FEB 01
AUG/SEP/OCT	24 APR 01	4 MAY 01	21 MAY 01
NOV/DEC/JAN	24 JUL 01	3 AUG 01	20 AUG 01
FEB/MAR/APR	Pending	Pending	Pending

DEROS Election Option/Forecast Notification RIPS You will receive, from your Orderly Room, your DEROS RIP 10 months prior to your DEROS. So, if your DEROS is the month of February 2002, you will receive your DEROS RIP in April 2001. The RIP must be returned to the AFELM/SPA within 30 days from the day it was produced.

A DEROS extension request submitted later than 30 days from the day your DEROS RIP was produced must be submitted and considered as an exception to policy. This type of request must be fully justified and may be disapproved by your commander. When your commander recommends approval, the request is submitted out-of-system to the AFELM/SPA for forwarding to your parent MAJCOM. Your parent MAJCOM may disapprove the request or recommend approval and forward the request to your assignment OPR for a final decision.

Enlisted members who extend their OS tour for a period of 6 or more months are given higher assignment priority within their returnee match group.



HEALTH AND FITNESS NEWS “U” CAN USE

Going Nuts Might Be Good For You

[By Peter Jaret](#)

WebMD Medical News

Nuts? No thanks, many of us have learned to say, with a pang of regret.

Nuts, after all, get more than half of their calories from fat. That's more than whole milk, ground beef, even cheese. All that fat not only threatens to make us fat, nutritionists have warned, it also raises our risk of heart disease. Well, nut lovers, take heart. The bad rap nuts have gotten is more than just unfair, it's downright slanderous. Eating plenty of nuts, it turns out, may actually *lower* heart disease risk. And far from adding pounds, a diet with nuts may be a good way to maintain a healthy weight.

In the November 1998 issue of the *British Medical Journal*, Harvard School of Public Health researchers reported findings from the Nurses' Health Study, which includes more than 86,000 women from around the country. Women who ate more than five ounces of nuts a day, the scientists found, had a 32% *lower* risk of having a nonfatal heart attack compared to women who avoided nuts. Their risk of a fatal heart attack was 39% lower than that of women who rarely munched a pecan or cashew. True, women who helped themselves to nuts also tended to have healthier lifestyles, says Frank Hu, MD, PhD, the lead researcher on the study. "But even when we adjusted for factors like smoking, exercise, and consumption of fruits and vegetables," he says, "nuts showed up as a powerful defense against heart disease."

Heart-healthy oils

The Harvard study isn't the first to link nuts to lower heart disease risk. In a study published in the July 1992 issue of the *Archives of Internal Medicine*, researchers from Loma Linda, sifting through data from 34,000 men and women in what's known as the Seventh Day Adventist Study, found that nut eaters were half as likely as those who didn't eat nuts to suffer both fatal and nonfatal heart attacks. Four years later, in findings published in *The New England Journal of Medicine* in 1996, scientists showed that eating nuts was associated with a 40% reduction in heart disease risk among women enrolled in the Iowa Women's Study.

How can a food so high in fat be good for your heart? Part of the answer has to do with the kind of fat nuts contain. The real danger to heart and arteries is posed by saturated fats, which show up mostly in meat and high-fat dairy products like cheese, cream, and whole milk. The fat in most nuts, in contrast, is

unsaturated. Cashews, almonds, and peanuts are loaded with monounsaturated fats, and walnuts are rich in a form of omega 3 fatty acids, polyunsaturated fats similar to the oils found in fish like salmon.

"Monounsaturated and polyunsaturated fats have been shown to lower LDLs [low density lipoproteins], or so-called bad cholesterol," says Hu.

Nearly a dozen controlled studies have shown that when volunteers add nuts to their diets, their level of these low-density lipoproteins, which can gum up blood vessels and increase the danger of coronary artery disease, declines by as much as 12%.

Disease-fighting nutrients

Nuts pack plenty of other nutritional benefits. They're high in fiber, which has been shown to help keep cholesterol levels down. And they're loaded with the antioxidant vitamin E, which is linked in some studies to a lower risk of heart disease. Nuts, in fact, are "perhaps the best natural source of vitamin E," wrote Loma Linda University scientists in a study published in the July 1999 issue of *Clinical Cardiology*.

Nutritionists also have long known that nuts are a great source of protein. Indeed, the protein in nuts is unusually rich in an amino acid called arginine, which may also be linked to its heart benefits. Arginine makes possible the synthesis of nitric oxide, which widens and relaxes blood vessels according to Gene Spiller, PhD, founder of the Health Research and Studies Center in Palo Alto, Calif., and the author of *Healthy Nuts*. That, in turn, may reduce the danger of blood clots that can lead to heart attacks.

Nuts may even have something in common with red wine, which, consumed in moderation, has also been shown to lower heart disease risk. Last year, researchers from the U.S. Department of Agriculture in Raleigh, N.C., announced that peanuts contain resveratrol, the same compound found in red wine that is thought to impart much of its heart benefits. An ounce of red wine contains about 160 micrograms of resveratrol; two ounces of peanuts contain about the same amount.

The new diet snack

The latest findings offer one last surprise, and perhaps the best news of all for nut lovers. Despite being high in fat, cashews, almonds, pecans, and other nuts don't seem to make people fat. When volunteers in the Loma Linda study added a snack of almonds totaling 320 calories a day to their normal diets, for example, their body weight remained the same. Furthermore, in the Nurses' Health Study, Hu and his colleagues found that women who ate nuts frequently actually tended to weigh less than those who didn't. Why, of course, is anyone's guess. "But one reason may be that nuts are so rich in nutrients and fiber that they tend to fill people up on fewer calories than, say, a bag of chips or cheese doodles," says Spiller. If you're watching your weight, in other words, a handful of nuts is a terrific substitute for less nutritious and less satisfying snacks. And thanks to the latest research findings, you can enjoy them with hardly a pang of regret.



The Air Force Bluesuiter's Association
presents



Monthly Hail and Farewell

27 APR 01, TIME: 1900 hrs
Located at Bldg 1126 (Cp Coiner)

Come and say farewell to the members
departing in March and welcome the
recently arrived newcomers!



OK, You Slugs!

The Shirt and I attend each one of these---
it's a great opportunity to say goodbye to
your fellow bluesuiters, make the new
arrivals feel at home and get a cold
beverage/free food after a long work
week. I encourage everyone to come out
and attend!



FREE FOOD AND REDUCED
DRINK PRICES



AIR FORCE LOUNGE

“ The Launch Pad”



Doing Great things for Great Folks
Bldg 1126-Camp Coiner

Check out the new hours
and new dart board

Monday thru Thursday
7-10 p.m.

Friday and Saturday
6 p.m.- Midnight

A Fun place to meet other
Bluesuiter's!

Social Hour 7-8 p.m. Every Night

HOURS OF OPERATION

Satellite Personnel Activity (Military)

Monday - Friday 0800 - 1700 Walk-in Customer Service/Telephone Inquiries

Monday - Friday 0800 - 1000 **Outprocessing** (by appointment in military uniform)

Monday - Friday 0800 - 1000 **Inprocessing** (by appointment in military uniform)

AFELM Orderly Room

Monday - Friday 0800 - 1700 Walk-in/Telephone Inquiries

Finance Activity

Monday - Friday 0800 - 1100 and 1300 - 1700

AFELM Section Commander/AF Advisor

Walk-in time 1700 - 1800 (Monday Through Friday)



This supersedes Bluesuiter's Digest 01-03, March 2001